

be active  
montgomery!

**Kickoff!**

*Free Admission!*

**Saturday, June 8 • 10:00am-2:00pm**

**South Germantown Recreational Park**

18041 Central Park Circle • Boyds, Maryland 20841

Games • Fitness • Performances  
Demonstrations • Golf Clinics • Games  
QuickStart Tennis • Basketball • Zumba  
Soccer Demos • Healthy Food Vendors  
United Way Fun, Fly, And Fit • Martial Arts

*Bring the whole family -  
there are activities for all...  
from children to seniors!  
Free Admission To Mini Golf  
And The Pool When You  
Complete Our Fitness Challenge!*

**Heart Smart  
Trail:**

10:00am

**Heart Healthy  
Senior Walk**

11:00am

**Family Walk**

1:00pm

**Family Bike and Trike**

First 100 Pre-registered families  
win a Prize Package on June 8!

**PRE-REGISTRATION NOT REQUIRED \* WALK-INS WELCOME**

Pre-register at [recweb.montgomerycountymd.gov](http://recweb.montgomerycountymd.gov) • Course #359310

*No Pets Allowed.*

[montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec) • 240-777-6821

Hablamos Español 240-777-6839

*In case of inclement weather, please check Alert Montgomery, [montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec), or the Special Events Hotline: 240-777-6821*



Montgomery County  
Public Schools



United Way  
of the National Capital Area  
[UnitedWayNCA.org](http://UnitedWayNCA.org)



MARYLAND SOCCER FOUNDATION



Montgomery County Recreation is committed to compliance with the Americans with Disabilities Act (ADA).  
Please contact a Therapeutic Recreation Specialist at 240-777-6870 or [rec.mainstream@montgomerycountymd.gov](mailto:rec.mainstream@montgomerycountymd.gov) to request accommodations.



# Kickoff! Activity Guide

## American Heart Association

### *Health Screenings*

American Heart Association builds healthier lives, free of cardiovascular diseases and stroke. That single purpose drives all we do. The need for our work is beyond question.

[www.heart.org](http://www.heart.org)

## Big Brothers Big Sisters

### *Personal E-Fitness Trainer*

Big Brothers Big Sisters of the National Capital Area is dedicated to making a positive difference in the lives of children through professionally supported long-term, One-To-One® mentoring relationships with carefully screened, caring, and committed adults.

[www.bbbsnca.org](http://www.bbbsnca.org)

## CampFire USA

Nonprofit youth organization focused on building self esteem, character development, leadership skills, and social responsibility.

[campfireusa.org](http://campfireusa.org)

## Centers, Youth Sports, Camps-Recreation

### *Tiny Tot Play Area*

The mission of Montgomery County Recreation is to provide high quality, diverse, and accessible programs, services and facilities that enhance the quality of life for all ages, cultures, and abilities.

[www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec)

## Classes/Teens/Therapeutics-Recreation

### *Games*

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## Coach Doug Academy

### *Soccer Kickoff Challenge*

At Coach Doug Academy, we reach children's minds, build their bodies, develop their personal skills, and expand their spirits and personal outlook.

[www.coachdoug.net](http://www.coachdoug.net)

## FunFit Organically Grown Gym

### *Kid Games and Yoga*

A lifestyle center for ALL Kids of ALL ages providing fitness, nurturing, and growth programs.

[www.funfit.net](http://www.funfit.net)

## Health and Human Services

### *Health Info*

The Department of Health and Human Services delivers public health and human services that address the basic and critical needs of the County's most vulnerable children, adults and seniors.

[www.montgomerycountymd.gov](http://www.montgomerycountymd.gov)

## Information

### *Raffle, Giant Tick Tac Toe*

Be Active Montgomery! (BAM!) is an initiative of County Executive Ike Leggett to encourage County residents to be mindful of their activity and wellbeing.

[www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec)

## Information

### *Giant Connect 4, Raffle*

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## Koa Sports League

### *Field Hockey Demonstration and Flag Football*

Youth Sports Organization.

[www.koasports.org](http://www.koasports.org)

## Macaroni Kid Germantown-Clarksburg

### *Kazokufit*

Mac Kid is a family oriented online newsletter that lists events, articles, recipes, and arts and crafts for families to do with kids. You can subscribe for FREE.

[www.germantown.macaronikid.com](http://www.germantown.macaronikid.com)

## Mansfield Kaseman Health Clinic

### *Exercise Games & Challenge*

The Mansfield Kaseman Health Clinic, a subsidiary of Community Ministries of Rockville, provides medical care to uninsured individuals of Montgomery County.

[www.cmrocks.org](http://www.cmrocks.org)

## Maryland Soccer Foundation

### *Soccer Demos*

The Maryland SoccerPlex welcomes more than 600,000 visitors a year. The majority come from the local soccer clubs and leagues that play more than 4,500 matches at the complex annually.

[www.mdsoccerplex.org](http://www.mdsoccerplex.org)

## MCG Golf

### *SkeeBall Golf*

MCG operates 9 golf courses in Montgomery County.

<http://mcggolf.com>

## MNCPPC - Montgomery Parks

### *Nike Golf Instruction*

Montgomery County Parks Department.

<http://www.montgomeryparks.org>

## Montgomery Child Care Association

### *Wacky Noodle Play*

Montgomery Child Care Association strives to provide the highest quality child care and play-based education for children in Montgomery County.

[www.mccaedu.org](http://www.mccaedu.org)

## Montgomery County Volunteer Center

### *Children's Games and Coloring Project*

The Volunteer Center manages an online database of volunteer opportunities that links people and groups who want to volunteer with nonprofits and government agencies.

[www.montgomeryserves.org](http://www.montgomeryserves.org)

## Montgomery TennisPlex

### *Quick Start Tennis*

Montgomery TennisPlex (MTP) is a fun place to practice the lifelong sport of tennis. We provide world-class tennis instruction and programming for people of all ages and skill levels at an affordable price.

[www.montgomerytennisplex.com](http://www.montgomerytennisplex.com)

## Red Raider Softball, Inc.

### *Softball Batting*

Red Raider Softball is one of the largest softball organizations in the DC area, providing a healthy and fun approach to adulthood through playing softball.

[www.redraidersoftball.org](http://www.redraidersoftball.org)

## Rio Fitness

### *Zumba Lesson*

MIND, BODY AND SOUL a RIO accomplishment of satisfaction.

[www.RIOFitnessDMV.com](http://www.RIOFitnessDMV.com)

## Scribbles and Works

### *Art & Science Fun*

Art and Science classes, instruction, and fun.

## Senior Programs-Recreation

### *Senior Stretch*

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## The Fit Solution- Healthier You Initiative

### *Health Screenings*

Conducts clinical exercise testing/screenings, health education and behavioral change interventions for communities, families, and individuals.

[www.facebook.com/healthieryoufit](http://www.facebook.com/healthieryoufit)

## The Silver Spring Chapter of The Links, Inc.

### *Health Screenings*

One of the nation's oldest and largest volunteer service organizations of extraordinary women who are committed to enriching, sustaining and ensuring the culture and economic survival of African Americans and other persons of African ancestry.

[www.silverspringlinks.org](http://www.silverspringlinks.org)

## The Total Girl

### *Dance and Step*

The Total Girl Program is all about teaching girls to be healthy. We offer activities in exercise, nutrition, and positive body image. Our motto is to be healthy, not perfect!

[www.thetotalgirl.com](http://www.thetotalgirl.com)

## United Way NCA, Fun Fly Fit Program

### *Fun Fly Fit obstacle course*

United Way is a federation of nonprofits with a focus on Health, Education and Income. The health programming is a child wellness program called "Fun Fly Fit".

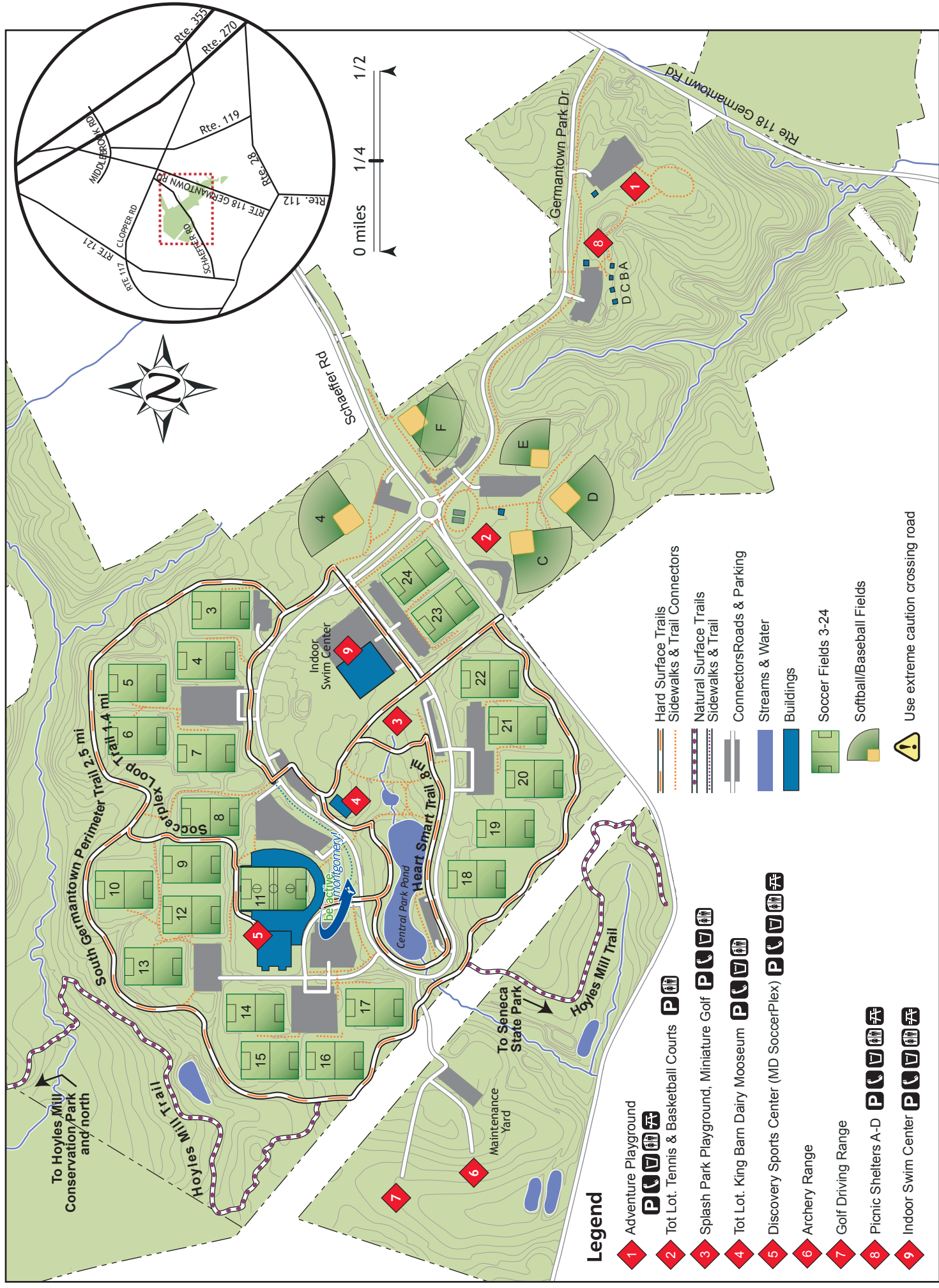
[www.funflyfit.org](http://www.funflyfit.org)

## Whole Foods

### *Healthy Food Sales*

A healthy and organic food market.

[www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)



**Legend**

- 1 Adventure Playground
- 2 Tot Lot, Tennis & Basketball Courts
- 3 Splash Park Playground, Miniature Golf
- 4 Tot Lot, King Barn Dairy Mooseum
- 5 Discovery Sports Center (MD SoccerPlex)
- 6 Archery Range
- 7 Golf Driving Range
- 8 Picnic Shelters A-D
- 9 Indoor Swim Center

- Hard Surface Trails
- Sidewalks & Trail Connectors
- Natural Surface Trails
- Sidewalks & Trail
- Connectors/Roads & Parking
- Streams & Water
- Buildings
- Soccer Fields 3-24
- Softball/Baseball Fields
- Use extreme caution crossing road